

Dear A Group,

This year we will be hiring a few Junior Guards from the 'A' group to work as instructor aides throughout the summer. This is a non-paying position, though you will earn community service hours. Also, because you will become a certified lifeguard you will have the option of working for pay in a tower on weekends, holidays, and in the month of August. You will also be paid for all training days. Becoming an aide is a great opportunity, especially if you are interested in becoming an instructor in the upcoming years. You will also become certified in both CPR for the professional rescuer and standard First Aid.

All applicants must be 16 years of age or older by May 1st. You must also participate in one of the Lifeguard try-outs, being held on Saturday, April 9th and Saturday, April 16th at the Cabrillo Bathhouse (East Beach). Try-outs will begin at 10am, with check-in starting at 9:15am. The test will consist of a 1000 meter ocean swim (completed in 20 minutes or less), a continuous 200 meter run-200 meter swim-200 meter run (completed in seven minutes or less), and an 800 meter hard sand run (completed in five minutes or less). Applicants should bring a picture ID, bathing suit, towel, warm clothes, and all related certifications to the try-outs. Applicants are also welcome to wear wetsuits and other forms of protective swimwear during the test. Applicants may be disqualified at any point during the test. Interviews for applicants who pass the swim test will be held following the physical testing. Applicants will not be evaluated until all physical testing and interviews are complete.

If you are hired, you will be required to attend the four MANDATORY training dates. Rookie training will take place on May 6th (5:30-10pm), 7th and 8th (8am-6pm). Re-Current training will take place on May 20th (5:30-10pm), 21st and 22nd (8am-6pm). A Jr. Guard specific training date will take place in June (TBA). 21 hours of advanced First Aid and job specific training will also be provided.

If you are interested, applications are available online and at the Bathhouse. If you have any questions, please call (805) 897-2680.

